



Floor Scoot

For this Activity, you will need a partner to play with, two towels that you don't mind getting a little bit dirty and a good amount of floor space that has a smooth surface, like tile, or wood. (about ten feet)

Find a place to play this game. You will need a clear path on the floor and the floor will need to be made of something that can be slid on.

Both players will place their towels next to each other at the beginning of the path. Sit down on your towels with knees bent. Make sure your entire body is on the towel.

On the count of three both players will use their towels to scoot across the floor by extending their legs out to move the towel forward, then using their core to push the rest of their body forward.

As a modification, you can also have your knees and hands on your towel and scoot by moving your knees and hands to push the towel forward.

Race to get to the end of the path to see who wins, or make this race longer by doing three "laps".

To three laps, once you get to the end of your path, you must get up, do ten jumping jacks, then get back on your towel and go back. Repeat this until you have gone back and forth three times.

Whoever completes all three laps first is the "winner"

Bonus Game; Spray a cleaner on the bottom of the towel and scoot around the entire surface of a room such as the kitchen, to clean the floor while you get your exercise! (Make sure you have permission from an adult before doing this)